How to Eat Healthy, NOT Diet

1) What is the name of the website to find nutrition information?

2) Which of the following is NOT a key to healthy eating?

a. Eat a variety of foods

b. Become knowledgeable about portion sizes

c. Skip breakfast

d. Drink three 8oz glasses of milk a day

3) Those that maintain healthy weight do so by diet alone

True\_\_\_\_\_\_ False\_\_\_\_\_\_

4) There are no “magic pills” for maintaining a healthy weight

True\_\_\_\_\_\_ False\_\_\_\_\_\_

5) How much of your plate should consist of fruits and vegetables?

a) Half of your plate

b) One quarter of your plate

c) The entire plate

d) One third of your plate

6) Which of the following foods contains natural oil?

a) Nuts

b) Some fish

c) Avocadoes (guacamole)

d) All of the above